

# Emotional Check-in Worksheet

Emotional check-in can help you recognize and acknowledge the details of your and other emotions. Regular emotional check-ins can make you feel in tune with your state and can help recognize the emotional states of others as well. Thus, facilitating greater self-understanding and effective communication.

Take a minute and put a question to yourself yourself:

“How am I feeling right now?”

Which of the following states resonate with you the most in the given moment?

Joy, Trust, Sadness, Disgust, Acceptance, Fear, Anger, Surprise, Anticipation

Further, use the wheel of emotions to arrive at the detailed layers of your emotions.



*Plutchik's Wheel of Emotion*

You may also try responding to the following probes

What am I feeling right now?

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On a scale of 1-10, how intense is this emotion?

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For how long have I been feeling this way?

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Why am I feeling this way? Did something happen that made me feel this way?

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What is this emotion asking me to do?

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When do I feel this emotion the most?

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How do I physically feel when I experience these emotions?

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What are the thoughts accompanied by these emotions?

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How do I express this emotion?

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To whom do I share my feelings? what are the emotions and feelings that I don't like to share with others?

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Now with a deeper recognition of your emotions, you can begin to understand the basis of these emotions. You may now ask yourself why are you feeling a certain emotion or cluster of emotions.

All emotions serve an important purpose. The aim of acknowledging emotions is not to eliminate or discard the emotions that may be perceived or assessed as negative.

This recognition can help us to find the reasons or areas of struggle and conflict within or outside us that need attention.

Recognizing emotions with a sense of acceptance may guide you to contemplate your psychological needs.

Consequently, you may realize that you can find a resolution in:

- Rest, relaxation, and taking a break
- Making more effective plans and goals
- Finding ways of creative expressions
- Seeking social support and connections
- Learning to communicate effectively
- Setting Boundaries
- Seeking professional help

